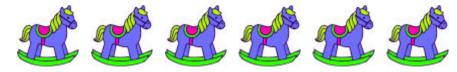
# Physical Activity For Children One to Two Years



### Benefits of Physical Activity to Children

- Healthy heart
- Social development through play
- Problem solving skills
- Increased coordination and movement skills
- Higher self-esteem

#### Physical Activities for Children One Year to Two Years

Body Par Follow the Leader		Let's See, I'll Be	Challenge Walk
Move your body ar encourage your body ar encourage your child to imitate the following actions: "Bend one kneed and elbow, nod your head, look high and low, wo your arms, make circles with you hips. Shake a lolap your hands	squeeze, and release clot yarn, foam, crumpled pa balls, and to move the object around different both parts.	child to imitate the action of: • A tree swaying • The sun rising • A cat archir	Have your child walk twisting pathways, up and down small inclines or hills, along wide ledges close to the ground, and up and down low steps.

#### Movements to Work on With Your Child

Arching Pulling Squeezing
Clapping Pushing Stomping
Falling Rising Swaying
Grabbing Rolling Walking
Jerking
Jumping



## Sample Toys for Children One Year to Two Years

Activity Tables

**Kicking** 

Pressing

- Plastic Bowling Set
- Cymbals, Drums, Xylophones
- Large, Light Balls
- Plastic Bowling Set
- Small Doll Carriages
- Squeeze Toys
- Tot Tunnels-Crawling
- Toys Propelled by Feet, No Pedals, Four Wheels
- Wagon-Low and Open

#### References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. <u>The Diane Lindner-Goldberg Child Institute, Parent's Guide To Physical Play.</u> New York State Department of Social Services. July 99.

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